



Metropolitan Police Department Domestic Violence Unit Safety Plan



Safety Plan for After You Leave

Leaving an abusive relationship is an incredibly brave thing to do. Below are some suggestions to consider to keep yourself safe.

- I can: change the locks on my doors and windows and install steel/metal doors; poles to wedge doors; a security system; smoke detectors; and an outside lighting system.
- I will tell _____ and _____ that my partner no longer resides with me and ask them to call the police if s/he is observed near my residence or my children.
- I will tell people who take care of my children who have permission to pick them up. The people who have permission are:

- I will alert my neighbors, co-workers, and security personnel at my workplace.
- I can avoid stores, banks, and _____ that I used when I lived with my partner.
- I can purchase rope ladders to be used for escape from second floor windows.
- I will teach my children how to use the telephone to make a collect call to me and to _____ (friend/minister/others) in the event that my partner takes the children.
- I will consider changing my children's schools and make sure the schools have a copy of the restraining order.
- I can ask my telephone company about Caller ID and have my phone blocked. (This is so you can call out but neither your abuser nor anyone else will be able to get your new unlisted number).